

# Thai turkey meatballs



20g desiccated coconut  
10g coconut oil or ghee  
2 shallots, finely chopped  
¾ fresh lemongrass stalk, finely sliced (or use lemongrass purée)  
500g turkey thigh mince  
juice of 1 lime  
2 tsps fish sauce (nam pla)  
a small handful of fresh coriander, finely chopped  
the grated zest of ½ a lime

SERVES 2

Place the desiccated coconut in a dry frying pan over a medium heat and gently toast for around 1 minute or until golden all over. Remove from heat and set aside.

Melt the coconut oil / ghee in a frying pan over a medium heat. Add the shallots and lemongrass and fry for 3-4 minutes. Transfer to a plate to cool.

Preheat the oven to 190°C / 375°F.

Place the turkey mince in a large bowl. Pour the lime juice and fish sauce over the mince. Add the coconut, shallots, lemongrass, lime zest and coriander and mix well.

Form into 18 meatballs and place onto a foil lined baking tray. Bake for around 15 minutes or until thoroughly cooked.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

## Serving suggestion:

Serve with a soy / tamari and chilli dipping sauce for extra spice. Simply mix together 2 tbsps soy sauce or tamari with 2 -3 chopped green or red chilli peppers.



PER SERVING:  
323 Calories  
5g Carbs  
33g Protein  
19g Fat

